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Nutritional status can play a large part in your athletic performance. All athletes can benefit from better nutrition and proper hydration because these factors play a significant role in energy availability and utilization. Over the course of a contest, your nutritional preparation can definitely help or hurt your playing performance. You should also be aware that excessive body fat increases your risk of heart disease, joint problems, diabetes, low back pain, and many types of cancer. Additionally, excess body fat can also interfere with proper body mechanics and optimum sports performance

- ◆ Recommended Daily Allowance is 2,000-2,500 calories/day (dependent on activity level)...  
If weight loss is your goal, a healthy goal is to lose 1-2 lbs/week. 3,500 calories = 1 pound. Simply by decreasing your caloric intake by 500 calories a day, you can lose 1 pound in a week. If you factor in the amount of calories burned during exercise and activity, you may not need to decrease your daily intake this much to have a negative caloric balance (daily calories taken in – daily calories burned = total caloric balance). If you are a highly active individual w/ no weight loss goals, your body may require 3,000 or more calories on a daily basis.
- ◆ Carbohydrates and water are the most important nutrients for active individuals
- ◆ Combine carbs, proteins, and good fats at breakfast, lunch, & dinner...  
Eating a combination of these three food types helps the body to more efficiently break down and utilize the nutrients in the food. Try to have one portion of a protein and one portion of carbs at breakfast, lunch, at dinner. Additionally, add a portion of vegetables to at least two meals/day, and try to consume one serving of good fats (see food list) daily. Generally, one serving of fats is about equal to 1 tablespoon of liquid fats or a palm sized portion of solid fats.
- ◆ Recommended breakdown of daily food intake for typical\* athletes:  
Carbs – 60%                      Proteins – 20%                      Fats – 20%  
\*Note: This may vary for individuals who have certain medical/health issues, and varies slightly with different types of sports. See “Good Foods List” for ideas in each category.
- ◆ Attempt to drink 64-80 ounces of water/day (not including what you drink while at practice/games)...  
Water is essential for all biochemical functions in the body, and dehydration is one of the most common causes of acute decreased sports performance. Just because you are not thirsty does not mean that your body does not need water. Athletes should try to drink a least 32 extra ounces on days when long, intense practices or events are occurring. Try to drink 8 ounces before playing, and another 8 ounces every hour. Also, try to avoid caffeinated drinks while exercising – caffeine has a diuretic effect = can lead to dehydration
- ◆ Eat less more often: Eat 6 times a day, breaking your daily intake up into smaller portions...  
By eating more frequently, your metabolism maintains a steady level throughout the day, instead of going though “peaks and valleys”. Have your snacks half-way between breakfast and lunch and between lunch and dinner, then again in the evening.



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- ◆ Grill, broil, or bake meats instead of frying.  
This helps to maintain a greater amount of nutrients during cooking. Sautéing in 1-2 tablespoons of olive oil is okay as well. Smoked/Char-broiled/ overly-well-done meats can contain carcinogens when prepared in this manner. Carcinogens/nitrates have been shown to be harmful and have been shown to correspond with higher risk of stomach and esophageal problems.
  
- ◆ Make sure to eat something after workouts, games, and practices...  
Within 1 hour of finishing, try to eat a mix of carbs w/ a high glycemic index (such as corn flakes, baked potato, some white rices (e.g. jasmine), white bread, pasta, granola bars), proteins, and water. Low-fat chocolate milk makes a great recovery drink!  
\* If you are diabetic, you may need to be more cautious of eating carbs with a high glycemic index. Be sure to ask a specialist for more information!
  
- ◆ Great snack ideas...  
Dried fruits, nuts, pretzels, baked chips, fresh fruits, raw vegetables, multi-nutrient shakes (i.e. Carnation instant breakfast), fresh-fruit and/or vegetable smoothies.
  
- ◆ If a busy day makes it difficult to stick to your eating plan...  
... plan meals ahead of time  
...get food storage containers for easy access
  
- ◆ Eat veggies raw or steam veggies instead of boiling, sautéing or microwaving...  
This way, they keep more nutrients during cooking.
  
- ◆ Strive for consistency, not perfection.
  
- ◆ Take a multi-vitamin every day to help meet daily nutrient recommendations...  
BUT, DO NOT rely on supplements... a poor diet supplemented is still a poor diet! Most proposed nutritional performance enhancement aids have been shown to produce little or no benefit to athletic performance in controlled research.
  
- ◆ Try to stick to wild fish as opposed to farm-raised when possible.
  
- ◆ Fresh fruit is the best...
  - ◆ Frozen is also fine
  - ◆ Canned should be last resort (except for tomatoes and beans)
  
- ◆ Also...
  - ◆ Have fun w/ eating: experiment w/ recipes
  - ◆ MODERATION is the key!
  - ◆ Take “days off” occasionally: don’t give up all of the foods you enjoy, even if they aren’t on this list.

- ◆ Some help with serving sizes...
  - ◆ A portion is about the size of a deck of playing cards, the size of your closed fist, or palm of your hand for all solid foods
  - ◆ About one cup for all liquids

<p><b>1 Serving Looks Like . . .</b></p> <p><b>GRAIN PRODUCTS</b></p> <p>1 cup of cereal flakes = fist</p> <p>1 pancake = compact disc</p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball</p> <p>1 slice of bread = cassette tape</p> <p>1 piece of combread = bar of soap</p>	<p><b>1 Serving Looks Like . . .</b></p> <p><b>VEGETABLES AND FRUIT</b></p> <p>1 cup of salad greens = baseball</p> <p>1 baked potato = fist</p> <p>1 med. fruit = baseball</p> <p>½ cup of fresh fruit = ½ baseball</p> <p>¼ cup of raisins = large egg</p>
<p><b>1 Serving Looks Like . . .</b></p> <p><b>DAIRY AND CHEESE</b></p> <p>1½ oz. cheese = 4 stacked dice or 2 cheese slices</p> <p>½ cup of ice cream = ½ baseball</p> <p><b>FATS</b></p> <p>1 tsp. margarine or spreads = 1 dice</p>	<p><b>1 Serving Looks Like . . .</b></p> <p><b>MEAT AND ALTERNATIVES</b></p> <p>3 oz. meat, fish, and poultry = deck of cards</p> <p>3 oz. grilled/baked fish = checkbook</p> <p>2 Tbsp. peanut butter = ping pong ball</p>

## Healthy Food Choices

### Proteins

- ◆ Alaskan King Crab
- ◆ Almonds
- ◆ Buffalo/Beefalo
- ◆ Chicken breast
- ◆ Egg whites or substitutes (lose the yolk – that’s where all of the cholesterol is!)
- ◆ Fat-free/low-fat yogurt
- ◆ Lean ground beef
- ◆ Lean ground turkey
- ◆ Lean ham
- ◆ Lobster
- ◆ Low-fat cottage cheese
- ◆ Organic Tofu
- ◆ Pistachios
- ◆ Soy foods
- ◆ Top round steak
- ◆ Top sirloin steak
- ◆ Turkey breast
- ◆ Veggie burgers
- ◆ Walnuts
- ◆ White Tuna (in water)
- ◆ Wild (Sockeye) Salmon
- ◆ Wild Haddock
- ◆ Wild Mackerel
- ◆ Wild Orange Roughy
- ◆ Wild Sea Bass
- ◆ Wild Shrimp
- ◆ Wild Swordfish
- ◆ Wild Trout
- ◆ Wild-game meat

### Carbohydrates (Fruits/Veggies/Grains)

- ◆ Apple
- ◆ Artichoke
- ◆ Asparagus
- ◆ Baked potato
- ◆ Banana
- ◆ Barley
- ◆ Beans
- ◆ Berries
- ◆ Broccoli
- ◆ Brussels sprouts
- ◆ Cabbage
- ◆ Carrots
- ◆ Cauliflower
- ◆ Celery
- ◆ Corn
- ◆ Cucumber
- ◆ Green beans
- ◆ Green/red/yellow peppers
- ◆ High-fiber cereal
- ◆ Lettuce
- ◆ Melon
- ◆ Mushrooms
- ◆ Oatmeal
- ◆ Onion
- ◆ Orange
- ◆ Peas
- ◆ Popcorn
- ◆ Pumpkin
- ◆ Rice cake
- ◆ Spinach
- ◆ Squash
- ◆ Steamed brown rice
- ◆ Steamed wild rice
- ◆ Sweet potato
- ◆ Tomato
- ◆ Tortilla (Whole grains)

- ◆ Whole grain pastas and rice
- ◆ Whole-wheat bread
- ◆ Yams
- ◆ Zucchini

### Good Fats

- ◆ Almonds
- ◆ Avocado
- ◆ Canola oil
- ◆ Flax seed meal
- ◆ Low-fat cheese
- ◆ Low-fat salad dressing
- ◆ Low-sodium nuts
- ◆ Natural peanut butter
- ◆ Olives and olive oil
- ◆ Pumpkin seeds
- ◆ Safflower oil
- ◆ Sunflower oil/seeds
- ◆ Wild Cold-water fish

### Beverages

- ◆ 100% Fruit Juices  
\*when looking at juices look for those w/o the ingredient “high fructose corn syrup”
- ◆ Gatorade or other “sports drinks”
- ◆ Green Tea (non-caffinated)
- ◆ Seltzer
- ◆ Skim/Low-fat milk
- ◆ Water w/ lemon